

Einfach machen!

30 TAGE SIXXPACK CHALLENGE

MEIN ZIEL

15* BERGSTEIGER 1 15* HALBE PLANK-KOBRA 15* PEEKABOOS 15* KÄFER 20* FERSENDIPS	15* BERGSTEIGER 2 15* HALBE PLANK-KOBRA 15* PEEKABOOS 15* KÄFER 20* FERSENDIPS	20* BERGSTEIGER 3 20* HALBE PLANK-KOBRA 20* PEEKABOOS 20* KÄFER 20* FERSENDIPS	20* BERGSTEIGER 4 20* HALBE PLANK-KOBRA 20* PEEKABOOS 20* KÄFER 20* FERSENDIPS	20* BERGSTEIGER 5 20* HALBE PLANK-KOBRA 20* PEEKABOOS 20* KÄFER 24* FERSENDIPS
25* BERGSTEIGER 6 25* HALBE PLANK-KOBRA 24* PEEKABOOS 24* KÄFER 30* FERSENDIPS	7 RESTDAY	8 20* REVERSE CRUNCH 20* FULL SIT-UPS 40* RUSSIAN TWIST 15* CONCON 20* PLANK PULL THR.	9 22* REVERSE CRUNCH 22* FULL SIT-UPS 44* RUSSIAN TWIST 18* CONCON 24* PLANK PULL THR.	10 24* REVERSE CRUNCH 24* FULL SIT-UPS 48* RUSSIAN TWIST 20* CONCON 26* PLANK PULL THR.
11 26* REVERSE CRUNCH 26* FULL SIT-UPS 50* RUSSIAN TWIST 22* CONCON 26* PLANK PULL THR.	12 28* REVERSE CRUNCH 28* FULL SIT-UPS 55* RUSSIAN TWIST 24* CONCON 28* PLANK PULL THR.	13 30* REVERSE CRUNCH 30* FULL SIT-UPS 60* RUSSIAN TWIST 25* CONCON 30* PLANK PULL THR.	14 RESTDAY	15 30* SCISSOR KICKS 30* FULL SIT-UPS E/K 30* CROSS OVER CRUN. 15* BEINHEBEN 20* SEESTERNE
16 35* SCISSOR KICKS 32* FULL SIT-UPS E/K 35* CROSS OVER CRUN. 18* BEINHEBEN 23* SEESTERNE	17 38* SCISSOR KICKS 35* FULL SIT-UPS E/K 38* CROSS OVER CRUN. 20* BEINHEBEN 25* SEESTERNE	18 40* SCISSOR KICKS 38* FULL SIT-UPS E/K 40* CROSS OVER CRUN. 23* BEINHEBEN 28* SEESTERNE	19 45* SCISSOR KICKS 40* FULL SIT-UPS E/K 43* CROSS OVER CRUN. 25* BEINHEBEN 30* SEESTERNE	20 50* SCISSOR KICKS 45* FULL SIT-UPS E/K 45* CROSS OVER CRUN. 30* BEINHEBEN 35* SEESTERNE
21 RESTDAY	22 20* KNEE HOLD PLANK 30* BICYCLE CRUNCH 20* LATERAL SHOOTS 30* FLUTTER KICKS 20* SIDE PLANK CRUN.	23 20* KNEE HOLD PLANK 30* BICYCLE CRUNCH 20* LATERAL SHOOTS 30* FLUTTER KICKS 20* SIDE PLANK CRUN.	24 22* KNEE HOLD PLANK 32* BICYCLE CRUNCH 22* LATERAL SHOOTS 32* FLUTTER KICKS 22* SIDE PLANK CRUN.	25 22* KNEE HOLD PLANK 32* BICYCLE CRUNCH 22* LATERAL SHOOTS 33* FLUTTER KICKS 22* SIDE PLANK CRUN.
26 24* KNEE HOLD PLANK 34* BICYCLE CRUNCH 24* LATERAL SHOOTS 34* FLUTTER KICKS 24* SIDE PLANK CRUN.	27 24* KNEE HOLD PLANK 34* BICYCLE CRUNCH 24* LATERAL SHOOTS 34* FLUTTER KICKS 24* SIDE PLANK CRUN.	28 RESTDAY	29 POWERDAYS 1 25* BERGSTEIGER 35* PEEKABOOS 40* RUSSIAN TWIST 30* SCISSOR KICKS	30 POWERDAYS 2 25* BERGSTEIGER 35* PEEKABOOS 40* RUSSIAN TWIST 30* SCISSOR KICKS

MEINE BELOHNUNG/ MOTIVATION

BY @HULAPAOOP

